

Appendix B: Healthy People 2010 Objectives

Healthy People 2010 outlines a comprehensive, nationwide health promotion and disease prevention agenda. It is designed to serve as a roadmap for improving the health of all people in the United States during the first decade of the 21st century.

Like the preceding Healthy People 2000 initiative – which was driven by an ambitious, yet achievable, 10-year strategy for improving the Nation’s health by the end of the 20th century – Healthy People 2010 is committed to a single, overarching purpose: promoting health and preventing illness, disability, and premature death.

Chapter 1: Overweight and Obesity By Age

Children and Adolescents

19-3: Reduce the proportion of children and adolescents who are overweight or obese.

Utah Target: 5 percent.

Adults

19-1: Increase the proportion of adults who are at a healthy weight.

No Utah Target.

19-2: Reduce the proportion of adults who are obese.

Utah Target: 15 percent.

Chapter 2: Overweight and Obesity and Co-Existing Chronic Diseases

Diabetes

5-3: Reduce the overall rate of diabetes that is clinically diagnosed.

Utah Target: 25 overall cases per 1,000 population.

19-17: Increase the proportion of physician office visits made by patients with a diagnosis of cardiovascular disease, diabetes, or hyperlipidemia that include counseling or education related to diet and nutrition.

No Utah Target.

Hypertension, Stroke, and Heart Disease

12-9: Reduce the proportion of adults with high blood pressure.

No Utah Target.

12-11: Increase the proportion of adults with high blood pressure who are taking action (for example, losing weight, increasing physical activity, or reducing sodium intake) to help control their blood pressure.

No Utah Target.

12-14: Reduce the proportion of adults with high total blood cholesterol.

No Utah Target.

19-17: Increase the proportion of physician office visits made by patients with a diagnosis of cardiovascular disease, diabetes, or hyperlipidemia that include counseling or education related to diet and nutrition.

No Utah Target.

Arthritis

2-2: Reduce the proportion of adults with chronic joint symptoms/arthritis who experience a limitation in activity due to arthritis.

Utah Target: 21 percent.

Asthma

24-4: Reduce activity limitations among persons with asthma.

No Utah Target.

Cancer

3-1: Reduce the overall cancer death rate.

Utah Target: 144.1/100,000 population.

Violence & Injury Prevention

15-19: Increase the use of safety belts.

Utah Target: 85 percent.

18-3: Reduce the suicide rate.

No Utah Target.

18-4: Reduce the rate of suicide attempts in adolescents.

No Utah Target.

Chapter 3: Lifestyle and Genetic Factors

Diet

16-19: Increase the proportion of mothers who breastfeed their babies.

Utah Target: early postpartum period 75 percent.

19-3: Reduce the proportion of children and adolescents who are overweight or obese.

No Utah Target.

19-5: Increase the proportion of persons aged 2 years and older who consume at least 2 daily servings of fruit.

Utah Target: 45 percent.

19-6: Increase the proportion of persons aged 2 years and older who consume at least 3 daily servings of vegetables, with at least one-third being dark green or deep yellow vegetables.

No Utah Target.

19-7: Increase the proportion of persons aged 2 years and older who consume at least 6 daily servings of grain products, with at least 3 being whole grains.

Utah Target: 55 percent.

19-8: Increase the proportion of persons aged 2 years and older who consume less than 10 percent of calories from saturated fat.

No Utah Target.

19-9: Increase the proportion of persons aged 2 years and older who consume no more than 30 percent of calories from total fat.

No Utah Target.

19-10: Increase the proportion of persons aged 2 years and older who consume 2,400 mg or less of sodium daily.

No Utah Target.

19-11: Increase the proportion of persons aged 2 years and older who meet dietary recommendations for calcium.

No Utah Target.

19-12: Reduce iron deficiency among young children and females of childbearing age.

No Utah Target.

Physical Activity

22-1: Reduce the proportion of adults who engage in no leisure time physical activity.

Utah Target: no more than 15 percent.

22-2: Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.

Utah Target: 65 percent.

19-1: Increase the proportion of adults who are at a healthy weight.

No Utah Target.

19.2: Reduce the proportion of adults who are obese.

Utah Target: 15 percent.

Chapter 4: System Issues and Environmental Barriers to Overweight and Obesity Control

19-15: Increase the proportion of children and adolescents aged six to 19 years whose intake of meals and snacks at school contributes to good overall dietary quality.

No Utah Target.

19-16: Increase the proportion of worksites that offer nutrition or weight management classes or counseling.

No Utah Target.

22-8.1: Increase the proportion of the Nation's public and private schools that require daily physical education for all students.

No Utah Target.

22-9: Increase the proportion of adolescents who participate in daily school physical education.

No Utah Target.

22-10: Increase the proportion of adolescents who spend at least 50 percent of school physical education class time being physically active.

No Utah Target.

22-11: Increase the proportion of adolescents who view television 2 or fewer hours on a school day.

No Utah Target.

22-13: Increase the proportion of worksites offering employer-sponsored physical activity and fitness programs.

No Utah Target.

22-14: Increase the proportion of trips made by walking.

No Utah Target.

22-15: Increase the proportion of trips made by bicycling.

No Utah Target.